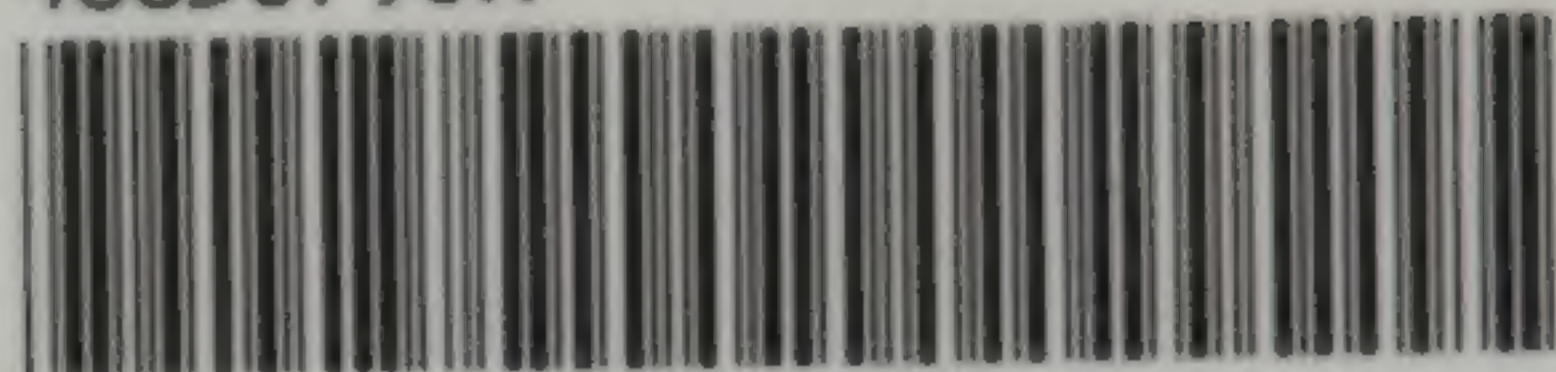




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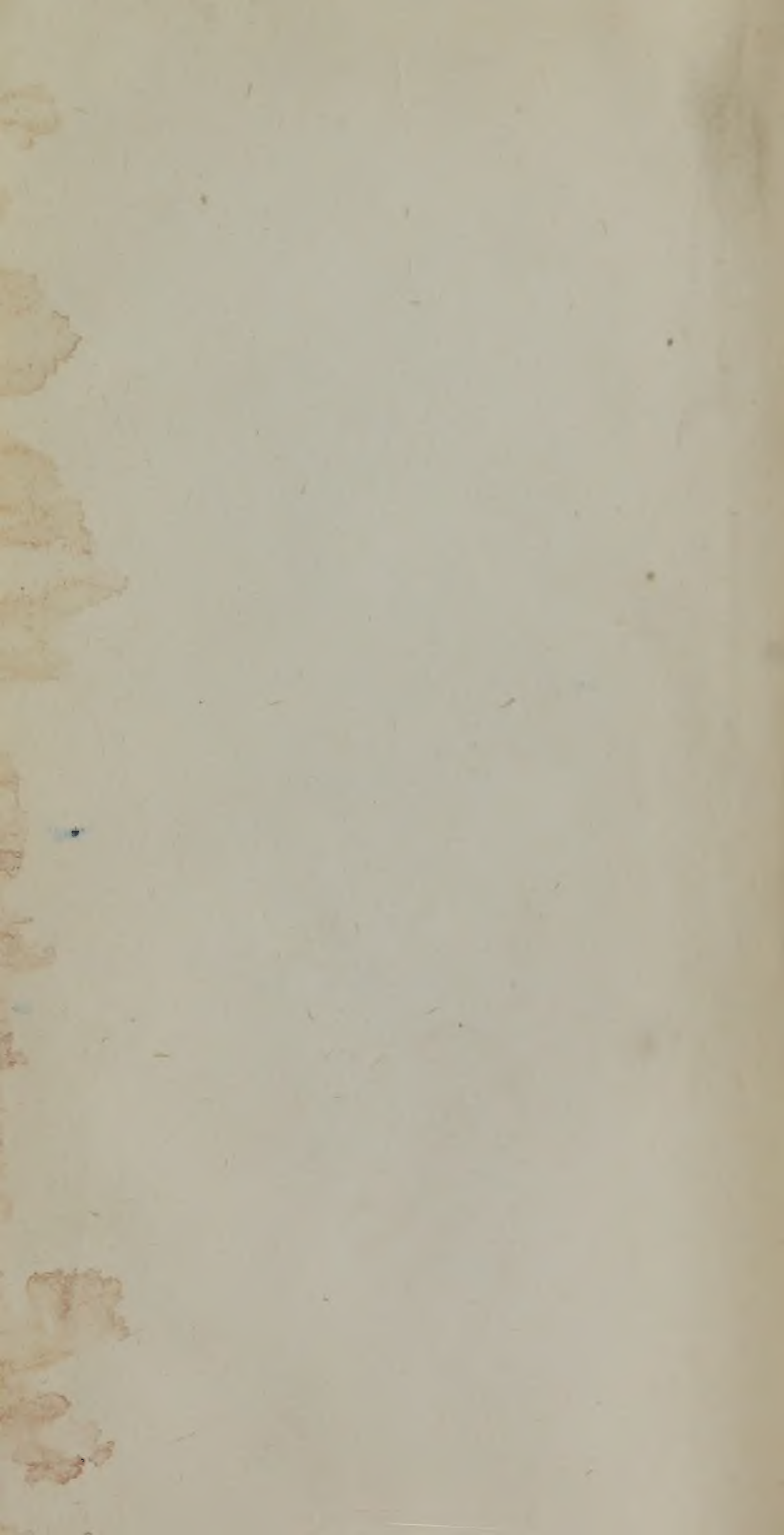














DIETS

FOR

INFANTS AND CHILDREN

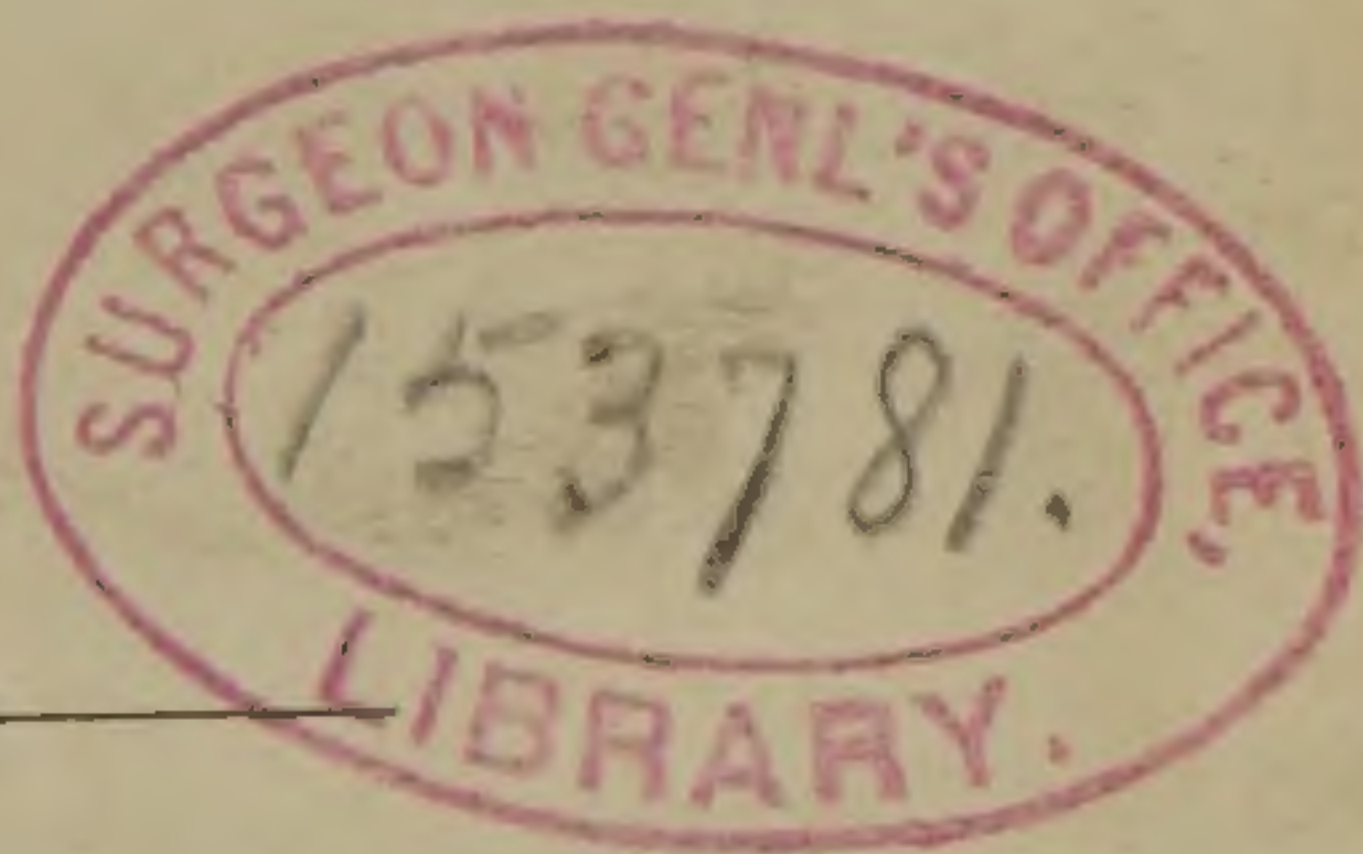
IN

HEALTH AND IN DISEASE

BY

LOUIS STARR, M. D.

EDITOR "AMERICAN TEXT-BOOK OF THE DISEASES OF CHILDREN"



PHILADELPHIA  
W. B. SAUNDERS

925 WALNUT STREET.

1896.



Annex

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1896

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W. B. SAUNDERS.

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# DIET IN HEALTH

FOR

Artificially-fed Infants and for Children.

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- A. Diet from birth to the end of the seventh month.
  - B. Diet throughout the eighth and ninth months.
  - C. Diet for the tenth, eleventh, and twelfth months.
  - D. Diet from the twelfth to the eighteenth month.
  - E. Diet from the eighteenth month to two and a half years.
  - F. Diet from two and a half to three and a half years.
  - G. Diet in childhood.
- 

The employment of sterilization or pasteurization in the preparation of food is left to the judgment of the physician, except where specially mentioned.



Table of Ingredients, Hours and Intervals of Feeding, and Total Quantity of Food for a Healthy Artificially-fed Infant from Birth to the End of the Seventh Month.

Age.	Cream.	Whey.	Milk.	Milk-sugar.	Salt.	Water.	Hours for Feeding.	Intervals of Feeding.	Total Quantity.
During 1st week.	f3ij.	f3iiij.		gr. xx.		f3iiij.	5 A. M. to 11 P. M.; sometimes 1 A. M. and 3 A. M.	2 hours.	f3xiij.
From 2d to 6th week.	f3ij.		f3ss.	gr. xx.	a pinch.	f3j.	5 A. M. to 11 P. M.	2 hours.	f3xvij.
From 6th week to end of 2d month.	f3ss.		f3x.	3ss.	a pinch.	f3x.	5 A. M. to 11 P. M.	2 hours.	f3xxx.
From 3d to 6th month.	f3ss.		f3ij.	3j.	a pinch.	f3iiss.	5 A. M. to 10.30 P. M.	2½ hours.	f3xxxij.
During 6th and 7th months.	f3ss.		f3iiiss.	3j.	a pinch.	f3ij.	7 A. M. to 10 P. M.	3 hours.	f3xxxvj.



The foregoing table shows the average rules of feeding for the first seven months of life. During this period it is often necessary to vary the quantity of one or more of the ingredients of the food. Therefore it has seemed best to furnish this guide, and to follow it by sheets on which the ingredients are given, but the quantities are left blank, to be filled in by the physician. In addition to the five ordinary components of a bottle—cream, milk, milk-sugar, salt, and water—spaces are provided for other, often useful, additions, viz.: Lime-water, barley-water, oatmeal-water (formulae at end of book), a Liebig's food, and peptogenic milk-powder. The sheets also include directions for general regimen. The method of filling out these blanks is illustrated on succeeding pages. After the seventh month modifications are less often necessary, and the diet-lists are consequently printed in full.







## DIRECTIONS.

Owing to the compact binding required for these Diet Lists, a little care will be necessary at first in removing the blanks. Press open the book on a flat surface and catch the desired blank near its top edge. As the blank separates from its perforation, change the position of the hand along the leaf.







ILLUSTRATIVE BLANK.

*March 6th, 1896.*

Diet and Regimen for *Baby Smith* age *4½* mos.

Prescribed by

*A. B. C.* M. D.

General Directions, etc.



# ILLUSTRATIVE BLANK.

## MAKE FOOD OF:

Cream.....1 tablespoonful (fʒss).  
Milk.....4 tablespoonfuls (fʒiij).  
Milk-sugar.....1 teaspoonful (ʒi).  
Salt.....a pinch.  
Water.....3 tablespoonfuls (fʒiiss).  
~~Barley water~~.....  
~~Lime water~~.....  
~~Oatmeal water~~.....  
~~A Liebig's food (non starchy)~~.....  
~~Peptogenic milk powder~~.....

For each bottle, to be given every  $2\frac{1}{2}$  hours  
during the day 5 A.M. to 10.30 P.M. and  
none at night.

CLOTHING.—Flannel binder over abdomen. Woollen underclothing (weight to vary with season).

BATHING.—~~Sponge bath~~.....F.....daily.  
Full bath.....90° F. once (A.M.)  
daily.

SLEEP.—Settle for night at 6.30 P.M.; not to  
be disturbed from 10.30 P.M. to  
5 A.M.

EXERCISE.—An airing in the nurse's arms  
or the baby-carriage for one hour morn-  
ing and afternoon (autumn).



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Diet and Regimen for.....age.....

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 A Liebig's food (non-starchy) .....  
 Peptogenic milk powder.....

For each bottle, to be given every                      hours  
 during the day.....and  
 .....at night.

CLOTHING.—Flannel binder over abdomen. Woollen  
 underclothing (weight to vary with season).

BATHING.—Sponge-bath... .. F.                      daily.  
                     Full bath..... F. ....  
    daily.

SLEEP.—.....  
 .....  
 .....

EXERCISE.—.....  
 .....  
 .....



A

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Diet and Regimen for.....age.....

Prescribed by

.....*M. D.*

**General Directions, etc.**

## A

### MAKE FOOD OF:

Cream .....

Milk .....

Milk-sugar .....

Salt .....

Water .....

Barley-water .....

Lime-water .....

Oatmeal-water .....

A Liebig's food (non-starchy) .....

Peptogenic milk powder .....

For each bottle, to be given every ..... hours  
during the day ..... and  
..... at night.

CLOTHING.—Flannel binder over abdomen. Woollen  
underclothing (weight to vary with season).

BATHING.—Sponge-bath ..... F. .... daily.  
Full bath ..... F. ....  
daily.

SLEEP.—.....  
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EXERCISE.—.....  
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**A**

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# A

## MAKE FOOD OF:

Cream .....  
 Milk .....  
 Milk-sugar .....  
 Salt .....  
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 Barley-water .....  
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 Oatmeal-water .....  
 A Liebig's food (non-starchy) .....  
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For each bottle, to be given every ..... hours  
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                     Full bath ..... F. ....  
                                     daily.

SLEEP.—.....  
 .....  
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EXERCISE.—.....  
 .....  
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General Directions, etc.

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Cream.....  
Milk.....  
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Salt.....  
Water.....  
Barley-water.....  
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For each bottle, to be given every ..... hours  
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Full bath . . . . . F. . . . .  
daily.

SLEEP.—.....  
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EXERCISE.—.....  
.....  
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# A

## MAKE FOOD OF:

Cream.....  
Milk.....  
Milk-sugar.....  
Salt.....  
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Barley-water.....  
Lime-water.....  
Oatmeal-water.....  
A Liebig's food (non-starchy).....  
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daily.

SLEEP.—.....  
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EXERCISE.—.....  
.....  
.....

B

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.....*M. D.*

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## B

Five meals a day :

*First meal, 7 A. M.*

Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
Milk-sugar .....	1 teaspoonful (ʒj).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

Cream, milk, and water in above proportions;  
one tablespoonful of a good Liebig's food.

*Third meal, 2 P. M.*

Same as second.

*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.

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## B

Five meals a day :

*First meal, 7 A. M.*

Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
Milk-sugar .....	1 teaspoonful (ȝj).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

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Cream, milk, and water in above proportions;  
one tablespoonful of a good Liebig's food.

*Third meal, 2 P. M.*

Same as second.

*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.



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Five meals a day :

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Cream .....	1 tablespoonful (f̄ss).
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Salt .....	a pinch.
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Cream, milk, and water in above proportions;  
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*Third meal, 2 P. M.*

Same as second.

*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.

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## B

Five meals a day :

*First meal, 7 A. M.*

Cream .....	1 tablespoonful (f $\overline{3}$ ss).
Milk.....	11 tablespoonfuls (f $\overline{5}$ vss).
Milk-sugar.....	1 teaspoonful ( $\overline{3}$ j).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f $\overline{5}$ ij).

*Second meal, 10.30 A. M.*

Cream, milk, and water in above proportions;  
one tablespoonful of a good Liebig's food.

*Third meal, 2 P. M.*

Same as second.

*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f $\overline{3}$ xl per diem.

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## B

Five meals a day :

*First meal, 7 A. M.*

Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
Milk-sugar .....	1 teaspoonful (ssj).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

Cream, milk, and water in above proportions;  
one tablespoonful of a good Liebig's food.

*Third meal, 2 P. M.*

Same as second.

*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.



B

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Five meals a day :

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Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
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Water .....	4 tablespoonfuls (f̄ij).

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Same as second.

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Same as first.

Total, f̄xl per diem.

B

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Cream .. . . .	1 tablespoonful (f̄ss).
Milk .. . . .	11 tablespoonfuls (f̄vss).
Milk-sugar... ..	1 teaspoonful (ȝj).
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Water .. . . .	4 tablespoonfuls (f̄ij).

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*Third meal, 2 P. M.*

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*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.

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Five meals a day :

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Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
Milk-sugar .....	1 teaspoonful (j).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

Cream, milk, and water in above proportions;  
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*Third meal, 2 P. M.*

Same as second.

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Same as second.

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Same as first.

Total, f̄xl per diem.



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Cream .....	1 tablespoonful (f̄ss).
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Same as second.

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Same as first.

Total, f̄xl per diem.

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# Five meals a day:

## *First meal, 7 A. M.*

Cream .....	1 tablespoonful (f℥ss).
Milk .....	11 tablespoonfuls (f℥vss).
Milk-sugar .....	1 teaspoonful (℥j).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f℥ij).

## *Second meal, 10.30 A. M.*

Cream, milk, and water in above proportions;  
one tablespoonful of a good Liebig's food.

## *Third meal, 2 P. M.*

Same as second.

## *Fourth meal, 6 P. M.*

Same as second.

## *Fifth meal, 10 P. M.*

Same as first.

Total, f℥xl per diem.

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# Five meals a day :

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Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
Milk-sugar .....	1 teaspoonful (ȝj).
Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

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Cream, milk, and water in above proportions;  
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Same as second.

## *Fourth meal, 6 P. M.*

Same as second.

## *Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.



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Cream .....	1 tablespoonful (f̄ss).
Milk .....	11 tablespoonfuls (f̄vss).
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Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

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Total, f̄xl per diem.

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Water .....	4 tablespoonfuls (f̄ij).

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Same as first.

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Milk .....	11 tablespoonfuls (f̄vss).
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Salt .....	a pinch.
Water .....	4 tablespoonfuls (f̄ij).

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Cream, milk, and water in above proportions;  
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Same as second.

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Milk.....	11 tablespoonfuls (f̄vss).
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Water .....	4 tablespoonfuls (f̄ij).

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Cream, milk, and water in above proportions;  
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*Third meal, 2 P. M.*

Same as second.

*Fourth meal, 6 P. M.*

Same as second.

*Fifth meal, 10 P. M.*

Same as first.

Total, f̄xl per diem.

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## Five meals a day :

### *First meal, 7 A. M.*

Cream	1 tablespoonful (f̄ss).
Milk	15 tablespoonfuls (f̄vijss).
Milk-sugar	1 teaspoonful (ʒj).
Salt	a pinch.
Water	4 tablespoonfuls (f̄ij).

### *Second meal, 10.30 A. M.*

A breakfast-cupful (f̄vij) of warm milk.

### *Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

### *Fourth meal, 6 P. M.*

Same as first.

### *Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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Five meals a day :

*First meal, 7 A. M.*

Cream . . . . .	1 tablespoonful (f̄ss).
Milk. . . . .	15 tablespoonfuls (f̄vijss).
Milk-sugar . . . . .	1 teaspoonful (ȝj).
Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄viij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

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## Five meals a day :

### *First meal, 7 A. M.*

Cream.....	1 tablespoonful (f̄ss).
Milk.....	15 tablespoonfuls (f̄vijss).
Milk-sugar.....	1 teaspoonful (ȝj).
Salt.....	a pinch.
Water.....	4 tablespoonfuls (f̄ij).

### *Second meal, 10.30 A. M.*

A breakfast-cupful (f̄vij) of warm milk.

### *Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

### *Fourth meal, 6 P. M.*

Same as first.

### *Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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## Five meals a day :

### *First meal, 7 A. M.*

Cream...	1	tablespoonful (f̄ss).
Milk.	15	tablespoonfuls (f̄vijss).
Milk-sugar	1	teaspoonful (3j).
Salt		a pinch.
Water	4	tablespoonfuls (f̄ij).

### *Second meal, 10.30 A. M.*

A breakfast-cupful (f̄vij) of warm milk.

### *Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

### *Fourth meal, 6 P. M.*

Same as first.

### *Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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# C

Five meals a day :

*First meal, 7 A. M.*

Cream . . . . .	1	tablespoonful (f̄ss).
Milk. . . . .	15	tablespoonfuls (f̄vijss).
Milk-sugar . . . . .	1	teaspoonful (j).
Salt . . . . .		a pinch.
Water . . . . .	4	tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄vij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.



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Cream . . . . .	1 tablespoonful (f̄ss).
Milk . . . . .	15 tablespoonfuls (f̄vijss).
Milk-sugar . . . . .	1 teaspoonful (3j).
Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄viiij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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Five meals a day :

*First meal, 7 A. M.*

Cream . . . . .	1 tablespoonful (f $\overline{3}$ ss).
Milk. . . . .	15 tablespoonfuls (f $\overline{3}$ vijss).
Milk-sugar . . . . .	1 teaspoonful (3j).
Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f $\overline{3}$ ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f $\overline{3}$ viiij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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*First meal, 7 A. M.*

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Milk	15 tablespoonfuls (f̄vijss).
Milk-sugar	1 teaspoonful (3j).
Salt	a pinch.
Water	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄viiij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.



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Milk-sugar . . . . .	1 teaspoonful (3j).
Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f̄ij).

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A breakfast-cupful (f̄viiij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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Five meals a day :

*First meal, 7 A. M.*

Cream . . . . .	1 tablespoonful (f̄ss).
Milk. . . . .	15 tablespoonfuls (f̄vijss).
Milk-sugar . . . . .	1 teaspoonful (3j).
Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄viiij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.

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Five meals a day:

*First meal, 7 A. M.*

Cream . . . . .	1 tablespoonful (f̄ss).
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Milk-sugar . . . . .	1 teaspoonful (3j).
Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄viiij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

To first and fourth meals one tablespoonful of a good Liebig's food may be added, omitting then the milk-sugar and salt.



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# C

Five meals a day :

*First meal, 7 A. M.*

Cream	1 tablespoonful (f̄ss).
Milk	15 tablespoonfuls (f̄vijss).
Milk-sugar	1 teaspoonful (3j).
Salt	a pinch.
Water	4 tablespoonfuls (f̄ij).

*Second meal, 10.30 A. M.*

A breakfast-cupful (f̄vij) of warm milk.

*Third meal, 2 P. M.*

The yelk of an egg lightly boiled, with stale bread-crumbs.

*Fourth meal, 6 P. M.*

Same as first.

*Fifth meal, 10 P. M.*

Same as second.

On alternate days the third meal may consist of from 4 to 6 fluidounces of mutton-, chicken-, or beef-broth containing a small quantity of stale bread-crumbs.

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Salt . . . . .	a pinch.
Water . . . . .	4 tablespoonfuls (f̄ij).

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Same as first.

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#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a soda-biscuit or a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A teacupful (f℥vj) of beef-, chicken-, or mutton-broth, with a slice of bread. One good tablespoonful of rice-and-milk pudding.

#### *Fourth meal, 6 P. M.*

Same as first.

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A breakfast-cupful (f℥viiij) of milk, with or without one tablespoonful of a good Liebig's food.

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A teacupful (f℥vj) of milk, with a thin slice of lightly-buttered bread.

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A mashed baked potato moistened with four tablespoonfuls (f℥ij) of meat-broth ; two good tablespoonfuls of junket with cream.

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A breakfast-cupful (f℥viiij) of milk, with a slice of bread broken up and soaked in it.

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Fifth meal often unnecessary ; never disturb sleep for it. Should child awake at 5 or 6 A. M., he should break his fast upon a cup of warm milk, and not go hungry until the set breakfast hour.

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A breakfast-cupful (f̄viiij) of milk, with a slice of bread broken up and soaked in it.

#### *Fifth meal, 10 P. M.*

A teacupful (f̄vj) of milk.

Fifth meal often unnecessary ; never disturb sleep for it. Should child awake at 5 or 6 A. M., he should break his fast upon a cup of warm milk, and not go hungry until the set breakfast hour.

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## D

### Five meals a day :

#### *First meal, 7 A. M.*

A slice of stale bread, broken and soaked in a breakfast-cup (f℥viiij) of new milk; or two tablespoonfuls of well-cooked and strained porridge (oatmeal or cracked wheat), with two tablespoonfuls of cream and a little salt (no sugar); a breakfast-cupful (f℥viiij) of new milk.

#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a soda-biscuit or a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A teacupful (f℥vj) of beef-, chicken-, or mutton-broth, with a slice of bread. One good tablespoonful of rice-and-milk pudding.

#### *Fourth meal, 6 P. M.*

Same as first.

#### *Fifth meal, 10 P. M.*

A breakfast-cupful (f℥viiij) of milk, with or without one tablespoonful of a good Liebig's food.

### To alternate with this :

#### *First meal, 7 A. M.*

The yolk of an egg lightly boiled, with bread-crumbs and salt; a teacupful (f℥vj) of milk.

#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A mashed baked potato moistened with four tablespoonfuls (f℥ij) of meat-broth; two good tablespoonfuls of junket with cream.

#### *Fourth meal, 6 P. M.*

A breakfast-cupful (f℥viiij) of milk, with a slice of bread broken up and soaked in it.

#### *Fifth meal, 10 P. M.*

A teacupful (f℥vj) of milk.

Fifth meal often unnecessary; never disturb sleep for it. Should child awake at 5 or 6 A. M., he should break his fast upon a cup of warm milk, and not go hungry until the set breakfast hour.

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## D

### Five meals a day :

#### *First meal, 7 A. M.*

A slice of stale bread, broken and soaked in a breakfast-cup (f℥viiij) of new milk; or two tablespoonfuls of well-cooked and strained porridge (oatmeal or cracked wheat), with two tablespoonfuls of cream and a little salt (no sugar); a breakfast-cupful (f℥viiij) of new milk.

#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a soda-biscuit or a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A teacupful (f℥vj) of beef-, chicken-, or mutton-broth, with a slice of bread. One good tablespoonful of rice-and-milk pudding.

#### *Fourth meal, 6 P. M.*

Same as first.

#### *Fifth meal, 10 P. M.*

A breakfast-cupful (f℥viiij) of milk, with or without one tablespoonful of a good Liebig's food.

### To alternate with this :

#### *First meal, 7 A. M.*

The yolk of an egg lightly boiled, with bread-crumbs and salt; a teacupful (f℥vj) of milk.

#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A mashed baked potato moistened with four tablespoonfuls (f℥ij) of meat-broth; two good tablespoonfuls of junket with cream.

#### *Fourth meal, 6 P. M.*

A breakfast-cupful (f℥viiij) of milk, with a slice of bread broken up and soaked in it.

#### *Fifth meal, 10 P. M.*

A teacupful (f℥vj) of milk.

Fifth meal often unnecessary; never disturb sleep for it. Should child awake at 5 or 6 A. M., he should break his fast upon a cup of warm milk, and not go hungry until the set breakfast hour.



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## D.

### Five meals a day :

#### *First meal, 7 A. M.*

A slice of stale bread, broken and soaked in a breakfast cup (f℥viiij) of new milk ; or two tablespoonfuls of well-cooked and strained porridge (oatmeal or cracked wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a breakfast cupful (f℥viiij) of new milk.

#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a soda-biscuit or a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A teacupful (f℥vj) of beef-, chicken-, or mutton-broth, with a slice of bread. One good tablespoonful of rice-and-milk pudding.

#### *Fourth meal, 6 P. M.*

Same as first.

#### *Fifth meal, 10 P. M.*

A breakfast-cupful (f℥viiij) of milk, with or without one tablespoonful of a good Liebig's food.

### To alternate with this :

#### *First meal, 7 A. M.*

The yolk of an egg lightly boiled, with bread-crumbs and salt ; a teacupful (f℥vj) of milk.

#### *Second meal, 10 A. M.*

A teacupful (f℥vj) of milk, with a thin slice of lightly-buttered bread.

#### *Third meal, 2 P. M.*

A mashed baked potato moistened with four tablespoonfuls (f℥ij) of meat-broth ; two good tablespoonfuls of junket with cream.

#### *Fourth meal, 6 P. M.*

A breakfast-cupful (f℥viiij) of milk, with a slice of bread broken up and soaked in it.

#### *Fifth meal, 10 P. M.*

A teacupful (f℥vj) of milk.

Fifth meal often unnecessary ; never disturb sleep for it. Should child awake at 5 or 6 A. M., he should break his fast upon a cup of warm milk, and not go hungry until the set breakfast hour.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of new milk ; the yolk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f $\frac{3}{4}$ vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f $\frac{3}{4}$ vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f $\frac{3}{4}$ vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of new milk ; the yolk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f $\frac{3}{4}$ vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f $\frac{3}{4}$ vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f $\frac{3}{4}$ vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f $\frac{3}{4}$ viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.



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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.



Four meals a day :

First meal, 7 A. M.

Second meal, 1 P. M.

Third meal, 5 P. M.

Fourth meal, 9 P. M.

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Second meal, 1 P. M.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.



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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f3viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f3vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f3viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f3viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f3vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f3vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f3viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.



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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yolk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.

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## E

Four meals a day :

*First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk ; the yelk of a lightly-boiled egg with a little butter and salt ; two thin slices of bread and butter.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a soda-biscuit.

*Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of beef-, mutton-, or chicken-broth ; a thin slice of stale bread ; a saucer of rice-and-milk pudding.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk, with bread and butter.

To alternate with this :

*First meal, 7 A. M.*

Four good tablespoonfuls of well-cooked porridge (oatmeal or cracked-wheat), with two tablespoonfuls of cream and a little salt (no sugar) ; a teacupful (f̄vj) of milk.

*Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with a slice of bread and butter.

*Third meal, 2 P. M.*

One tablespoonful of underdone mutton pounded to a paste ; bread and butter, or mashed potatoes, moistened with good, plain dish-gravy ; a saucer of junket.

*Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of milk ; a slice of soft milk-toast, or a slice or two of bread and butter.

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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f̄viiij) of milk, or a teacupful (f̄vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

*Fourth meal, 7 P. M.*

A tumblerful (f̄viiij) of milk ; one or two slices of bread and butter or of well-moistened milk-toast ; a baked apple, or stewed prunes or apple.



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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f℥viij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f℥viij) of milk, or a teacupful (f℥vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

*Fourth meal, 7 P. M.*

A tumblerful (f℥viij) of milk ; one or two slices of bread and butter or of well-moistened milk-toast ; a baked apple, or stewed prunes or apple.

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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f̄viiij) of milk, or a teacupful (f̄vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

*Fourth meal, 7 P. M.*

A tumblerful (f̄viiij) of milk ; one or two slices of bread and butter or of well-moistened milk-toast ; a baked apple, or stewed prunes or apple.

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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f̄viiij) of milk, or a teacupful (f̄vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

*Fourth meal, 7 P. M.*

A tumblerful (f̄viiij) of milk ; one or two slices of bread and butter or of well-moistened milk-toast ; a baked apple, or stewed prunes or apple.



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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f̄viiij) of milk, or a teacupful (f̄vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

*Fourth meal, 7 P. M.*

A tumblerful (f̄viiij) of milk ; one or two slices of bread and butter or of well-moistened milk-toast ; a baked apple, or stewed prunes or apple.

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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f̄viiij) of milk, or a teacupful (f̄vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

*Fourth meal, 7 P. M.*

A tumblerful (f̄viiij) of milk ; one or two slices of bread and butter or of well-moistened milk-toast ; a baked apple, or stewed prunes or apple.

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## F

Four meals a day :

*First meal, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk ; a saucer of thoroughly-cooked oatmeal or wheaten grits, and one or two slices of bread (one day old) and butter.

*Second meal, 11 A. M. (if hungry).*

A tumblerful (f̄viiij) of milk, or a teacupful (f̄vj) of meat-broth, with a biscuit.

*Third meal, 2 P. M.*

A slice of underdone roast beef or mutton, or a bit of roast chicken or turkey, minced as fine as possible ; a baked potato thoroughly mashed with a fork and moistened with gravy ; a slice or two of bread and butter ; a saucer of junket or rice-and-milk pudding.

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## G

Three meals daily at table with parents or an attendant, who must see that the food is eaten slowly and is thoroughly masticated.

### *Breakfast.*

*Every day.*

Milk.

Porridge and cream.

Bread (stale) and butter.

*One dish only each day.*

Fresh fish.

Eggs, lightly boiled.

“ poached.

“ scrambled.

“ plain omelette.

Chicken hash.

Stewed kidney.

“ liver.

Before or after this meal may eat—

Oranges, grapes without pulp (seeds not to be swallowed), peaches, ripe pears, cantaloupes, and strawberries.

### *Dinner.*

*Every day.*

Clear soup.

Meat, roasted or broiled  
and cut into small pieces.

Bread and butter.

*Two dishes each day.*

Potatoes, baked or mashed.

Hominy. Macaroni (plain).

Spinach (purée). Peas.

Stewed celery. Cauliflower.

String beans (young).

Green corn (grated).

Junket, rice-and-milk, or other light pudding for dessert.

### *Supper.*

*Every day.*

Milk.

Milk-toast or bread and butter.

Stewed fruit, baked apple.

*Drink.* Pure water only.

*Avoid* fried food, highly seasoned or made-up dishes.  
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## DIET IN DISEASE.

- H. Partial peptonization for feeble digestion (age, four months).
- I. "No-milk" diet for acute gastro-intestinal disorders—acute vomiting, entero-colitis, choleric form diarrhœa, etc. (age, six months).
- J. Diet for chronic gastro-intestinal catarrh—mucous disease of older children.
- K. Diet for chronic gastric catarrh ("chronic vomiting") in infants.
- L. Diet for chronic intestinal catarrh (chronic diarrhœa) when milk foods undergo acid fermentation (age, six to twelve months).
- M. Diet for habitual constipation in infants (age, three months).
- N. Diet for habitual constipation in older children (age, eighteen months to two and a half years).
- O. Diet in infantile scurvy (age, eight months).
- P. Diet in scarlatinal nephritis (age, four years).
- Q. Diet in lithæmia—excess of uric acid in urine, gouty eczema, etc. (age, four years).
- R. Diet in rickets without diarrhœa (age, eighteen months). If diarrhœa be a symptom, employ diet L.
- S. Diet and regimen in tabes mesenterica (age, four years).
- T. Diet in pulmonary phthisis (age, seven years).
- U. Diet and regimen in chorea (childhood).

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## PREPARATION OF DILUENTS AND FOODS.

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*R-D<sup>r</sup>* In formulating the above diets it is necessary to adapt them to definite ages. The physician can readily increase or diminish the quantity or alter the quality of the food according to the age of his special patient.





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## H

Make each bottle of food as follows :

Cream .....	1 tablespoonful (f℥ss).
Milk.....	5 tablespoonfuls (f℥iiss).
Water.....	4 tablespoonfuls (f℥ij).
Peptogenic milk-powder....	1 level teaspoonful.

After mixing, heat cautiously over a flame for six minutes, stirring constantly with a spoon, and tasting often, so that it shall not become too hot to be sipped—115° F. Cool to 98° F. before administering.

Feed every two and a half hours from 5 A. M. to 10 P. M.

In case each bottle cannot be prepared separately—by far the better way—the whole quantity for each day may be prepared in the morning as follows :

Cream .....	8 tablespoonfuls (f℥iv).
Milk .....	40 tablespoonfuls (f℥xx).
Water.....	32 tablespoonfuls (f℥xvj).
Peptogenic milk-powder...	8 level teaspoonfuls.

Heat slowly, so as to bring to a full boil at the end of ten minutes ; fill eight graduated nursing bottles to the five-oz. mark, cork with cotton, and place in nursery refrigerator ; heat to 98° F. at time of administration.

To return to unpeptonized diet, gradually reduce the time of heating, and finally replace the milk-powder by sugar of milk and salt.

A mixture stronger than 2 parts of milk to 1 part of water is difficult to predigest without curdling, especially if the milk be of more than ordinarily good quality.



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Make each bottle of food as follows :

Cream .....	1 tablespoonful (f̄ss).
Milk.....	5 tablespoonfuls (f̄iiss).
Water.....	4 tablespoonfuls (f̄ij).
Peptogenic milk-powder...	1 level teaspoonful.

After mixing, heat cautiously over a flame for six minutes, stirring constantly with a spoon, and tasting often, so that it shall not become too hot to be sipped—115° F. Cool to 98° F. before administering.

Feed every two and a half hours from 5 A. M. to 10 P. M.

In case each bottle cannot be prepared separately—by far the better way—the whole quantity for each day may be prepared in the morning as follows :

Cream .....	8 tablespoonfuls (f̄iv).
Milk .....	40 tablespoonfuls (f̄xx).
Water.....	32 tablespoonfuls (f̄xvj).
Peptogenic milk-powder...	8 level teaspoonfuls.

Heat slowly, so as to bring to a full boil at the end of ten minutes ; fill eight graduated nursing bottles to the five-oz. mark, cork with cotton, and place in nursery refrigerator ; heat to 98° F. at time of administration.

To return to unpeptonized diet, gradually reduce the time of heating, and finally replace the milk-powder by sugar of milk and salt.

A mixture stronger than 2 parts of milk to 1 part of water is difficult to predigest without curdling, especially if the milk be of more than ordinarily good quality.

H

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Diet for .....age.....

Prescribed by

.....*M. D.*

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Make each bottle of food as follows :

Cream	1 tablespoonful (f̄ss).
Milk	5 tablespoonfuls (f̄iiss).
Water	4 tablespoonfuls (f̄ij).
Peptogenic milk-powder	1 level teaspoonful.

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# I

1.  
Whey ..... 4 tablespoonfuls (f̄ij).  
Barley-water ..... 4 tablespoonfuls (f̄ij).  
Milk-sugar ..... 1 teaspoonful (j).

For one portion, to be given every two hours.

2.  
Flour-ball or barley-jelly . 1 teaspoonful.  
Water ..... 8 tablespoonfuls (f̄iv).

Mix and add half the white of a fresh egg.

For one portion, to be given every two hours.

3.  
Veal-broth ( $\frac{1}{2}$  a lb. of meat to a pint of water),  
Barley-water ..... of each, 4 tablespoonfuls (f̄ij).  
For one portion, to be given every two hours.

4.  
Raw-beef juice..... 1-2 teaspoonfuls (f̄j-ij).  
Every two hours.

While on No. 4 the patient must take from 12 to 24 fluidounces of pure water, barley-water, or white-of-egg water each twenty-four hours: these must be given in small doses at short intervals.

Resume milk-feeding gradually after using any of these diets. Partially peptonized milk food is the best intermediate diet.

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# I

1.  
Whey ..... 4 tablespoonfuls (f3ij).  
Barley-water ..... 4 tablespoonfuls (f3ij).  
Milk-sugar ..... 1 teaspoonful (3j).

For one portion, to be given every two hours.

2.  
Flour-ball or barley-jelly . . 1 teaspoonful.  
Water ..... 8 tablespoonfuls (f3iv).  
Mix and add half the white of a fresh egg.

For one portion, to be given every two hours.

3.  
Veal-broth ( $\frac{1}{2}$  a lb. of meat to a pint of water),  
Barley-water ..... of each, 4 tablespoonfuls (f3ij).  
For one portion, to be given every two hours.

4.  
Raw-beef juice..... 1-2 teaspoonfuls (f3j-ij).  
Every two hours.

While on No. 4 the patient must take from 12 to 24 fluidounces of pure water, barley-water, or white-of-egg water each twenty-four hours : these must be given in small doses at short intervals.

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# I

1.

Whey ..... 4 tablespoonfuls (f $\overline{3}$ ij).

Barley-water ..... 4 tablespoonfuls (f $\overline{3}$ ij).

Milk-sugar ..... 1 teaspoonful ( $\overline{3}$ j).

For one portion, to be given every two hours.

2.

Flour-ball or barley-jelly ... 1 teaspoonful.

Water ..... 8 tablespoonfuls (f $\overline{3}$ iv).

Mix and add half the white of a fresh egg.

For one portion, to be given every two hours.

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Veal-broth ( $\frac{1}{2}$  a lb. of meat to a pint of water),

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Milk-sugar ..... 1 teaspoonful (j).

For one portion, to be given every two hours.

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Flour-ball or barley-jelly . . 1 teaspoonful.  
Water ..... 8 tablespoonfuls (f̄iv).

Mix and add half the white of a fresh egg.

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1.  
Whey ..... 4 tablespoonfuls (f $\overline{3}$ ij).  
Barley-water ..... 4 tablespoonfuls (f $\overline{3}$ ij).  
Milk-sugar ..... 1 teaspoonful ( $\overline{3}$ j).

For one portion, to be given every two hours.

2.  
Flour-ball or barley-jelly ..... 1 teaspoonful.  
Water ..... 8 tablespoonfuls (f $\overline{3}$ iv).  
Mix and add half the white of a fresh egg.

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Raw-beef juice ..... 1-2 teaspoonfuls (f $\overline{3}$ j-ij).  
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2.

Flour-ball or barley-jelly .. 1 teaspoonful.

Water ..... 8 tablespoonfuls (f̄iv).

Mix and add half the white of a fresh egg.

For one portion, to be given every two hours.

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Veal-broth ( $\frac{1}{2}$  a lb. of meat to a pint of water),

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Milk-sugar ..... 1 teaspoonful ( $\overline{3}$ j).

For one portion, to be given every two hours.

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Flour-ball or barley-jelly . . 1 teaspoonful.  
Water ..... 8 tablespoonfuls (f $\overline{3}$ iv).

Mix and add half the white of a fresh egg.

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Every two hours.

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Water ..... 8 tablespoonfuls (f̄iv).  
Mix and add half the white of a fresh egg.

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Barley-water ..... 4 tablespoonfuls (f $\overline{3}$ ij).

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For one portion, to be given every two hours.

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Flour-ball or barley-jelly .... 1 teaspoonful.

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J

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## J

### *Breakfast, 7.30 A. M.*

One or two tumblerfuls (f̄viiij) of milk guarded by lime-water (f̄ij to tumblerful), the yelk of a soft-boiled egg, and a thin slice of stale unbuttered bread.

### *Luncheon, 11 A. M.*

A cup (f̄iv) of beef-, chicken-, or mutton-broth, entirely free from fat, and a thin slice of dry toast.

### *Dinner, 2.30 P. M.*

Broiled mutton-chops entirely free from fat (one or two, according to size), a large spoonful of well-boiled spinach, and a slice of stale dry bread.

### *Supper, 7 P. M.*

One or two tumblerfuls of milk guarded by lime-water, and a slice of dry toast.

For drink, pure water or Vichy.

### *Articles permissible for variety :*

Beef, poultry, game, fresh fish, raw oysters, cauliflower-tops, asparagus, lettuce, celery, turnips, onions, carrots.

### *Articles to be avoided :*

All farinaceous substances, except stale or toasted bread (wheat or bran) ; even this must be restricted in quantity. Potatoes, peas, beans, parsnips, fruit-cake, pastry, sweetmeats, and butter. Tea, coffee, beer, wine, and all condiments except salt. If there be great debility, small doses of whiskey well diluted may be allowed.

Keep skin active by bathing, frictions, inunctions with good olive oil, and warm clothing.

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For drink, pure water or Vichy.

### *Articles permissible for variety :*

Beef, poultry, game, fresh fish, raw oysters, cauliflower-tops, asparagus, lettuce, celery, turnips, onions, carrots.

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Hygienic Directions, etc.



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K

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Diet for .....age.....

Prescribed by

.....*M. D.*

Hygienic Directions, etc.

## K

Fresh cream . . . . .	.1 tablespoonful (f℥ss).
Whey . . . . .	.2 tablespoonfuls (f℥j).
Barley-water . . . . .	.2 tablespoonfuls (f℥j).

Or,

Weak veal-broth ( $\frac{1}{2}$ lb. of veal to a pint of water),	
Thin barley-water . . . . .	equal quantities.

Either food is best given cold, in small quantities and at short intervals—*i. e.* one teaspoonful every fifteen minutes in bad cases. As improvement begins, increase both quantity and intervals, but continue to feed with a spoon. After the stomach has been retentive for forty-eight hours, gradually return to bottle-feeding.

Milk food must be very dilute, and partially pre-digested at first.

In extreme cases Diet I, No. 4, may be required for a time.

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Diet for .....age.....

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## K

Fresh cream . . . . . 1 tablespoonful (f̄ss).  
Whey . . . . . 2 tablespoonfuls (f̄j).  
Barley-water . . . . . 2 tablespoonfuls (f̄j).

Or,

Weak veal-broth (  $\frac{1}{2}$  lb. of veal to a pint of water),  
Thin barley-water . . . . . equal quantities.

Either food is best given cold, in small quantities and at short intervals—*i. e.* one teaspoonful every fifteen minutes in bad cases. As improvement begins, increase both quantity and intervals, but continue to feed with a spoon. After the stomach has been retentive for forty-eight hours, gradually return to bottle-feeding.

Milk food must be very dilute, and partially pre-digested at first.

In extreme cases Diet I, No. 4, may be required for a time.

K

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## K

Fresh cream	---	----	1 tablespoonful (f̄ss).
Whey	-----	-----	2 tablespoonfuls (f̄j).
Barley-water	---	-----	2 tablespoonfuls (f̄j).

Or,

Weak veal-broth (  $\frac{1}{2}$  lb. of veal to a pint of water ),  
 Thin barley-water-----equal quantities.

Either food is best given cold, in small quantities and at short intervals—*i. e.* one teaspoonful every fifteen minutes in bad cases. As improvement begins, increase both quantity and intervals, but continue to feed with a spoon. After the stomach has been retentive for forty-eight hours, gradually return to bottle-feeding.

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In extreme cases Diet I, No. 4, may be required for a time.

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## L

### *First meal, 7 A. M.*

Veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water),  
Barley-water .....equal parts, 6–8 tablespoon-  
fuls (f℥iij–iv).

### *Second meal, 10 A. M.*

Cream..... 1 tablespoonful (f℥ss).  
Whey (freshly prepared).... 12 tablespoonfuls (f℥vj).

### *Third meal, 1 P. M.*

Same as first, with chicken-broth in place of veal-broth.

### *Fourth meal, 5 P. M.*

Same as second.

### *Fifth meal, 10 P. M.*

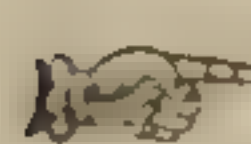
Same as first.

If feeble, one meal at 4 A. M., same as second.

In extreme cases Diet I, No. 4, may be required temporarily, with, twice each day—

The yelk of a raw egg,  
Ten (10) drops of brandy,  
One (1) teaspoonful cinnamon-water, and  
One (1) coffeespoonful white sugar,  
Well beaten up.

Partial peptonization—Diet H—is an important intermediary in resuming ordinary milk feeding.

 Older children require Diet J.



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## L

### *First meal, 7 A. M.*

Veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water),  
Barley-water ..... equal parts, 6-8 tablespoon-  
fuls (f3iij-iv).

### *Second meal, 10 A. M.*

Cream ..... 1 tablespoonful (f3ss).  
Whey (freshly prepared)..... 12 tablespoonfuls (f3vj).

### *Third meal, 1 P. M.*

Same as first, with chicken-broth in place of veal-broth.

### *Fourth meal, 5 P. M.*

Same as second.

### *Fifth meal, 10 P. M.*

Same as first.

If feeble, one meal at 4 A. M., same as second.

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## M

I.

Cream	1 tablespoonful (f℥ss).
Milk	4 tablespoonfuls (f℥ij).
Milk-sugar	1 teaspoonful (℥j).
Salt	a pinch.
Bethlehem oat-meal (fine powder)	2 teaspoonfuls (℥ij).
Water	3 tablespoonfuls (f℥iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

One or two such feedings each day will usually be sufficient, but the oat-meal may be added to each bottle if necessary.

2.

Cream	1 tablespoonful (f℥ss).
Milk	4 tablespoonfuls (f℥ij).
Milk-sugar	1 teaspoonful (℥j).
Phosphate of sodium	2 grains (gr. ij).
Wheat-water	3 tablespoonfuls (f℥iss).

To make wheat-water, add to 1 pint of water 1 or 2 tablespoonfuls (according to effect desired) of thoroughly cooked cracked-wheat porridge, heat a little short of the boiling-point, stir constantly until a mixture is obtained, and strain.

Dissolve phosphate of sodium in a teaspoonful of hot water, and add to food just before administration.

One or more feedings as required.

Encourage infant to take water.

Massage of abdomen with warm olive oil, over and in the course of the colon, twice daily, is of much service.

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## M

1.

Cream .....	1 tablespoonful (f℥ss).
Milk .....	4 tablespoonfuls (f℥ij).
Milk-sugar .....	1 teaspoonful (℥j).
Salt .....	a pinch.
Bethlehem oat-meal (fine powder) .....	2 teaspoonfuls (℥ij).
Water .....	3 tablespoonfuls (f℥iiss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

One or two such feedings each day will usually be sufficient, but the oat-meal may be added to each bottle if necessary.

2.

Cream .....	1 tablespoonful (f℥ss).
Milk .....	4 tablespoonfuls (f℥ij).
Milk-sugar .....	1 teaspoonful (℥j).
Phosphate of sodium ....	2 grains (gr. ij).
Wheat-water .....	3 tablespoonfuls (f℥iiss).

To make wheat-water, add to 1 pint of water 1 or 2 tablespoonfuls (according to effect desired) of thoroughly cooked cracked-wheat porridge, heat a little short of the boiling-point, stir constantly until a mixture is obtained, and strain.

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## M

I.

Cream	.....	1 tablespoonful (f℥ss).
Milk	.....	4 tablespoonfuls (f℥ij).
Milk-sugar	.....	1 teaspoonful (℥j).
Salt	.....	a pinch.
Bethlehem oat-meal (fine powder)	.....	2 teaspoonfuls (℥ij).
Water	.....	3 tablespoonfuls (f℥iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

One or two such feedings each day will usually be sufficient, but the oat-meal may be added to each bottle if necessary.

2.

Cream	.....	1 tablespoonful (f℥ss).
Milk	.....	4 tablespoonfuls (f℥ij).
Milk-sugar	.....	1 teaspoonful (℥j).
Phosphate of sodium	....	2 grains (gr. ij).
Wheat-water	.....	3 tablespoonfuls (f℥iss).

To make wheat-water, add to 1 pint of water 1 or 2 tablespoonfuls (according to effect desired) of thoroughly cooked cracked-wheat porridge, heat a little short of the boiling-point, stir constantly until a mixture is obtained, and strain.

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## M

1.

Cream .....	1 tablespoonful (f℥ss).
Milk .....	4 tablespoonfuls (f℥ij).
Milk-sugar .....	1 teaspoonful (℥j).
Salt.....	a pinch.
Bethlehem oat-meal (fine powder) .....	2 teaspoonfuls (℥ij).
Water .....	3 tablespoonfuls (f℥iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

One or two such feedings each day will usually be sufficient, but the oat-meal may be added to each bottle if necessary.

2.

Cream .....	1 tablespoonful (f℥ss).
Milk.....	4 tablespoonfuls (f℥ij).
Milk-sugar.....	1 teaspoonful (℥j).
Phosphate of sodium ...	2 grains (gr. ij).
Wheat-water.....	3 tablespoonfuls (f℥iss).

To make wheat-water, add to 1 pint of water 1 or 2 tablespoonfuls (according to effect desired) of thoroughly cooked cracked-wheat porridge, heat a little short of the boiling-point, stir constantly until a mixture is obtained, and strain.

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## M

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Cream .....	1 tablespoonful (f℥ss).
Milk .....	4 tablespoonfuls (f℥ij).
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Salt .....	a pinch,
Bethlehem oat-meal (fine powder) .....	2 teaspoonfuls (℥ij).
Water .....	3 tablespoonfuls (f℥iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

One or two such feedings each day will usually be sufficient, but the oat-meal may be added to each bottle if necessary.

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Cream .....	1 tablespoonful (f℥ss).
Milk .....	4 tablespoonfuls (f℥ij).
Milk-sugar .....	1 teaspoonful (℥j).
Phosphate of sodium ....	2 grains (gr. ij).
Wheat-water .....	3 tablespoonfuls (f℥iss).

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## M

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Cream	1 tablespoonful (f̄ss).
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Salt	a pinch.
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Water	3 tablespoonfuls (f̄iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

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## M

I.

Cream .....	1 tablespoonful (f℥ss).
Milk .....	4 tablespoonfuls (f℥ij).
Milk-sugar .....	1 teaspoonful (℥j).
Salt.....	a pinch
Bethlehem oat-meal (fine powder) .....	2 teaspoonfuls (℥ij).
Water .....	3 tablespoonfuls (f℥iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

One or two such feedings each day will usually be sufficient, but the oat-meal may be added to each bottle if necessary.

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Cream .....	1 tablespoonful (f℥ss).
Milk.....	4 tablespoonfuls (f℥ij).
Milk-sugar .....	1 teaspoonful (℥j).
Phosphate of sodium ....	2 grains (gr. ij).
Wheat-water.....	3 tablespoonfuls (f℥iss).

To make wheat-water, add to 1 pint of water 1 or 2 tablespoonfuls (according to effect desired) of thoroughly cooked cracked-wheat porridge, heat a little short of the boiling-point, stir constantly until a mixture is obtained, and strain.

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## M

I.

Cream	.....	1 tablespoonful (f℥ss).
Milk	.....	4 tablespoonfuls (f℥ij).
Milk-sugar	.....	1 teaspoonful (℥j).
Salt	.....	a pinch
Bethlehem oat-meal (fine powder)	.....	2 teaspoonfuls (℥ij).
Water	.....	3 tablespoonfuls (f℥iss).

Heat water almost to boiling-point; add the oat-meal slowly with stirring until a smooth mixture is obtained; then add other ingredients.

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One or more feedings as required.

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## N

### *First meal, 7 A. M.*

A breakfast-cupful ( $f\bar{3}viiij$ ) of new milk, with an additional tablespoonful ( $f\bar{3}ss$ ) of cream ; 2 to 4 tablespoonfuls of thoroughly cooked oat-meal or cracked-wheat porridge, with cream and salt ; two slices of whole-wheat or bran bread, buttered ; the juice of a ripe orange, or half of a moderate-sized ripe apple scraped with a spoon, or a small ripe pear, scraped, or a peach.

### *Second meal, 11 A. M.*

A teacupful ( $f\bar{3}vj$ ) of milk, with an additional tablespoonful ( $f\bar{3}ss$ ) of cream ; a slice of bran bread.

### *Third meal, 2 P. M.*

A breakfast-cupful ( $f\bar{3}viiij$ ) of mutton- or chicken-broth, or 1 or 2 tablespoonfuls of underdone roast mutton, or beef, or chicken minced fine and pounded to a paste ; purée of spinach ; mashed cauliflower-tops ; asparagus-tops ; stewed celery ; whole-wheat or bran bread, buttered ; junket and cream ; rice-and-milk pudding with stewed-prune juice ; baked apple with cream.

### *Fourth meal, 6.30 P. M.*

Milk, one or two breakfast-cupfuls ( $f\bar{3}viiij-xvj$ ) ; whole-wheat or bran bread, buttered ; stewed fruit.

*For drink*, pure water only. No condiment but salt.

*Avoid* farinaceous foods, sugar, candy, cake, and pastry.

Massage of abdomen with warm olive oil, over and in the course of the colon, twice daily, is of much service.

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### *Third meal, 2 P. M.*

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### *Fourth meal, 6.30 P. M.*

Milk, one or two breakfast-cupfuls (f̄viiij—xvj) ; whole-wheat or bran bread, buttered ; stewed fruit.

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### *Fourth meal, 6.30 P. M.*

Milk, one or two breakfast-cupfuls (f̄viiij-xvj) ; whole-wheat or bran bread, buttered ; stewed fruit.

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## N

### *First meal, 7 A. M.*

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## N

### *First meal, 7 A. M.*

A breakfast-cupful (f̄viiij) of new milk, with an additional tablespoonful (f̄ss) of cream ; 2 to 4 tablespoonfuls of thoroughly cooked oat-meal or cracked-wheat porridge, with cream and salt ; two slices of whole-wheat or bran bread, buttered ; the juice of a ripe orange, or half of a moderate-sized ripe apple scraped with a spoon, or a small ripe pear, scraped, or a peach.

### *Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with an additional tablespoonful (f̄ss) of cream ; a slice of bran bread.

### *Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of mutton- or chicken-broth, or 1 or 2 tablespoonfuls of underdone roast mutton, or beef, or chicken minced fine and pounded to a paste ; purée of spinach ; mashed cauliflower-tops ; asparagus-tops ; stewed celery ; whole-wheat or bran bread, buttered ; junket and cream ; rice-and-milk pudding with stewed-prune juice ; baked apple with cream.

### *Fourth meal, 6.30 P. M.*

Milk, one or two breakfast-cupfuls (f̄viiij–xvj) ; whole-wheat or bran bread, buttered ; stewed fruit.

*For drink*, pure water only. No condiment but salt.

*Avoid* farinaceous foods, sugar, candy, cake, and pastry.

Massage of abdomen with warm olive oil, over and in the course of the colon, twice daily, is of much service.

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## N

### *First meal, 7 A. M.*

A breakfast-cupful ( $f\bar{3}vij$ ) of new milk, with an additional tablespoonful ( $f\bar{3}ss$ ) of cream ; 2 to 4 tablespoonfuls of thoroughly cooked oat-meal or cracked-wheat porridge, with cream and salt ; two slices of whole-wheat or bran bread, buttered ; the juice of a ripe orange, or half of a moderate-sized ripe apple scraped with a spoon, or a small ripe pear, scraped, or a peach.

### *Second meal, 11 A. M.*

A teacupful ( $f\bar{3}vj$ ) of milk, with an additional tablespoonful ( $f\bar{3}ss$ ) of cream ; a slice of bran bread.

### *Third meal, 2 P. M.*

A breakfast-cupful ( $f\bar{3}vij$ ) of mutton- or chicken-broth, or 1 or 2 tablespoonfuls of underdone roast mutton, or beef, or chicken minced fine and pounded to a paste ; purée of spinach ; mashed cauliflower-tops ; asparagus-tops ; stewed celery ; whole-wheat or bran bread, buttered ; junket and cream ; rice-and-milk pudding with stewed-prune juice ; baked apple with cream.

### *Fourth meal, 6.30 P. M.*

Milk, one or two breakfast-cupfuls ( $f\bar{3}vij-xvj$ ) ; whole-wheat or bran bread, buttered ; stewed fruit.

*For drink*, pure water only. No condiment but salt.

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### *Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with an additional tablespoonful (f̄ss) of cream ; a slice of bran bread.

### *Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of mutton- or chicken-broth, or 1 or 2 tablespoonfuls of underdone roast mutton, or beef, or chicken minced fine and pounded to a paste ; purée of spinach ; mashed cauliflower-tops ; asparagus-tops ; stewed celery ; whole-wheat or bran bread, buttered ; junket and cream ; rice-and-milk pudding with stewed-prune juice ; baked apple with cream.

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### *Second meal, 11 A. M.*

A teacupful (f̄vj) of milk, with an additional tablespoonful (f̄ss) of cream ; a slice of bran bread.

### *Third meal, 2 P. M.*

A breakfast-cupful (f̄viiij) of mutton- or chicken-broth, or 1 or 2 tablespoonfuls of underdone roast mutton, or beef, or chicken minced fine and pounded to a paste ; purée of spinach ; mashed cauliflower-tops ; asparagus-tops ; stewed celery ; whole-wheat or bran bread, buttered ; junket and cream ; rice-and-milk pudding with stewed-prune juice ; baked apple with cream.

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# O

*First meal, 7 A. M.*

Cream	1 tablespoonful (f̄ss).
Milk	9 tablespoonfuls (f̄ivss).
Milk-sugar	1 teaspoonful (ʒj).
Salt	a pinch.
Water	6 tablespoonfuls (f̄iij).

*At 9 A. M.*

One to two teaspoonfuls of fresh orange-juice, according to effect on bowels.

*Second meal, 10.30 A. M. Same as first.*

*At 11.30 A. M.*

Two teaspoonfuls of raw-beef juice, free from fat and with a little salt.

*At 1 P. M.*

One to two teaspoonfuls of fresh orange-juice.

*Third meal, 2 P. M. Same as first.*

*At 3 P. M.*

Two teaspoonfuls of raw-beef juice with salt.

*At 5 P. M.*

One to two teaspoonfuls of fresh orange-juice.

*Fourth meal, 6 P. M. Same as first.*

*At 8 P. M.*

Two teaspoonfuls of raw-beef juice with salt.

*Fifth meal, 10 P. M. Same as first.*

Milk may be pasteurized or predigested if necessary, but never sterilized, for use in scurvy. Avoid all "infant foods."



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*First meal, 7 A. M.*

Cream	.	1	tablespoonful (f℥ss).
Milk	---	9	tablespoonfuls (f℥ivss).
Milk-sugar	---	1	teaspoonful (ʒj).
Salt	-----		a pinch.
Water	---	6	tablespoonfuls (f℥iij).

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Milk-sugar . . . . .	1	teaspoonful (℥j).
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## P

### *First meal, 7.30 A. M.*

Milk ..... 4 tablespoonfuls (f̄ij).  
A good Liebig's food ..... 1 tablespoonful (̄ss).  
Barley-water ..... 11 tablespoonfuls (f̄vss).

### *Second meal, 10.30 A. M.*

A teacupful (f̄vj) of whey.

### *Third meal, 1.30 P. M.*

A teacupful (f̄vj) of veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water), mutton-broth ( $\frac{1}{2}$  lb. of mutton to a pint of water), or chicken-broth; 4–8 tablespoonfuls of a light farinaceous pudding.

### *Fourth meal, 4.30 P. M.*

Same as second.

### *Fifth meal, 7 P. M.*

Same as first.

### *Sixth meal, 10 P. M.*

Same as second.

One or two whey feedings may be given during the night if required.

Allow plenty of pure water—Poland water.

In order to spare the kidneys, avoid food having much nitrogenous waste—*i. e.* eggs, meat, too much milk.



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## P

### *First meal, 7.30 A. M.*

Milk----- 4 tablespoonfuls (f̄ij).  
A good Liebig's food----- 1 tablespoonful (̄ss).  
Barley-water----- 11 tablespoonfuls (f̄vss).

### *Second meal, 10.30 A. M.*

A teacupful (f̄vj) of whey.

### *Third meal, 1.30 P. M.*

A teacupful (f̄vj) of veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water), mutton-broth ( $\frac{1}{2}$  lb. of mutton to a pint of water), or chicken-broth; 4–8 tablespoonfuls of a light farinaceous pudding.

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A good Liebig's food ..... 1 tablespoonful (f̄ss).  
Barley-water ..... 11 tablespoonfuls (f̄vss).

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*First meal, 7.30 A. M.*

Milk ----- 4 tablespoonfuls (f $\bar{3}$ ij).  
 A good Liebig's food ----- 1 tablespoonful ( $\bar{3}$ ss).  
 Barley-water ----- 11 tablespoonfuls (f $\bar{3}$ vss).

*Second meal, 10.30 A. M.*

A teacupful (f $\bar{3}$ vj) of whey.

*Third meal, 1.30 P. M.*

A teacupful (f $\bar{3}$ vj) of veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water), mutton-broth ( $\frac{1}{2}$  lb. of mutton to a pint of water), or chicken-broth ; 4–8 tablespoonfuls of a light farinaceous pudding.

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## P

### *First meal, 7.30 A. M.*

Milk..... 4 tablespoonfuls (f̄ij).  
A good Liebig's food..... 1 tablespoonful (̄ss).  
Barley-water..... 11 tablespoonfuls (f̄vss).

### *Second meal, 10.30 A. M.*

A teacupful (f̄vj) of whey.

### *Third meal, 1.30 P. M.*

A teacupful (f̄vj) of veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water), mutton-broth ( $\frac{1}{2}$  lb. of mutton to a pint of water), or chicken-broth; 4–8 tablespoonfuls of a light farinaceous pudding.

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One or two whey feedings may be given during the night if required.

Allow plenty of pure water—Poland water.

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## P

### *First meal, 7.30 A. M.*

Milk ..... 4 tablespoonfuls (f3ij).  
A good Liebig's food ..... 1 tablespoonful (3ss).  
Barley-water ..... 11 tablespoonfuls (f3vss).

### *Second meal, 10.30 A. M.*

A teacupful (f3vj) of whey.

### *Third meal, 1.30 P. M.*

A teacupful (f3vj) of veal-broth ( $\frac{1}{2}$  lb. of veal to a pint of water), mutton-broth ( $\frac{1}{2}$  lb. of mutton to a pint of water), or chicken-broth ; 4–8 tablespoonfuls of a light farinaceous pudding.

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Same as second.

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### *Sixth meal, 10 P. M.*

Same as second.

One or two whey feedings may be given during the night if required.

Allow plenty of pure water—Poland water.

In order to spare the kidneys, avoid food having much nitrogenous waste—*i. e.* eggs, meat, too much milk.

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## Q

### *First meal, 8 A. M.*

Milk 7 fluidounces, Vichy water 1 fluidounce (one or two portions); one or two yolks of soft-boiled eggs with salt, or a bit of fresh fish or sweetbread; or one or two slices of bran or whole-wheat bread, dry.

### *Second meal, 1.30 P. M.*

A teacupful of clear meat-broth; a bit of chicken, turkey, wild fowl, or fish; one well-cooked green vegetable—*i. e.* spinach, celery, young onions, cauliflower; one or two slices of dry bran or whole-wheat bread; junket or rice-and-milk pudding.

### *Third meal, 6.30 P. M.*

Milk as at first meal; sweetbread or milk-toast; dry bran or whole-wheat bread.

*For drink*, Poland water or Vichy (domestic); use either freely.

*Avoid* fats, starches, sweets, and red meats—*i. e.* beef or mutton.

Exercise in fresh air is important.



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Diet for .....age.....

Prescribed by

.....*M. D.*

**Hygienic Directions, etc.**

## Q

### *First meal, 8 A. M.*

Milk 7 fluidounces, Vichy water 1 fluidounce (one or two portions); one or two yolks of soft-boiled eggs with salt, or a bit of fresh fish or sweetbread; or one or two slices of bran or whole-wheat bread, dry.

### *Second meal, 1.30 P. M.*

A teacupful of clear meat-broth; a bit of chicken, turkey, wild fowl, or fish; one well-cooked green vegetable—*i. e.* spinach, celery, young onions, cauliflower; one or two slices of dry bran or whole-wheat bread; junket or rice-and-milk pudding.

### *Third meal, 6.30 P. M.*

Milk as at first meal; sweetbread or milk-toast; dry bran or whole-wheat bread.

*For drink*, Poland water or Vichy (domestic); use either freely.

*Avoid* fats, starches, sweets, and red meats—*i. e.* beef or mutton.

Exercise in fresh air is important.



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A teacupful of clear meat-broth; a bit of chicken, turkey, wild fowl, or fish; one well-cooked green vegetable—*i. e.* spinach, celery, young onions, cauliflower; one or two slices of dry bran or whole-wheat bread; junket or rice-and-milk pudding.

### *Third meal, 6.30 P. M.*

Milk as at first meal; sweetbread or milk-toast; dry bran or whole-wheat bread.

*For drink*, Poland water or Vichy (domestic); use either freely.

*Avoid* fats, starches, sweets, and red meats—*i. e.* beef or mutton.

Exercise in fresh air is important.

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## R

### *First meal, 7.30 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a table-spoonful (f℥ss) of cream; on alternate days the yelk of a soft-boiled egg, with a little butter, salt, and bread-crumbs, and two tablespoonfuls of well-cooked and strained cracked-wheat porridge with cream and salt.

### *Second meal, 11 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a table-spoonful (f℥ss) of cream and a slice of whole-wheat bread.

### *Third meal, 2 P. M.*

A good table-spoonful of well-minced and pounded mutton or chicken, with gravy and a little crumbled stale bread; a table-spoonful of purée of spinach or stewed celery or asparagus-tops or cauliflower-tops; thin bread and butter.

### *Fourth meal, 6 P. M.*

Milk and cream as at first and second meals; thin bread and butter.

*For drink, pure water.*

*Avoid excess of farinaceous food.*

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## R

### *First meal, 7.30 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a tablespoonful (f℥ss) of cream; on alternate days the yolk of a soft-boiled egg, with a little butter, salt, and bread-crumbs, and two tablespoonfuls of well-cooked and strained cracked-wheat porridge with cream and salt.

### *Second meal, 11 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a tablespoonful (f℥ss) of cream and a slice of whole-wheat bread.

### *Third meal, 2 P. M.*

A good tablespoonful of well-minced and pounded mutton or chicken, with gravy and a little crumbled stale bread; a tablespoonful of purée of spinach or stewed celery or asparagus-tops or cauliflower-tops; thin bread and butter.

### *Fourth meal, 6 P. M.*

Milk and cream as at first and second meals; thin bread and butter.

*For drink, pure water.*

*Avoid excess of farinaceous food.*



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A breakfast-cupful (f℥viij) of milk, with a tablespoonful (f℥ss) of cream and a slice of whole-wheat bread.

### *Third meal, 2 P. M.*

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### *Fourth meal, 6 P. M.*

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*For drink, pure water.*

*Avoid excess of farinaceous food.*

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### *Second meal, 11 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a table-spoonful (f℥ss) of cream and a slice of whole-wheat bread.

### *Third meal, 2 P. M.*

A good table-spoonful of well-minced and pounded mutton or chicken, with gravy and a little crumbled stale bread; a table-spoonful of purée of spinach or stewed celery or asparagus-tops or cauliflower-tops; thin bread and butter.

### *Fourth meal, 6 P. M.*

Milk and cream as at first and second meals; thin bread and butter.

*For drink, pure water.*

*Avoid excess of farinaceous food.*

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### *First meal, 7.30 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a table-spoonful (f℥ss) of cream; on alternate days the yolk of a soft-boiled egg, with a little butter, salt, and bread-crumbs, and two tablespoonfuls of well-cooked and strained cracked-wheat porridge with cream and salt.

### *Second meal, 11 A. M.*

A breakfast-cupful (f℥viiij) of milk, with a tablespoonful (f℥ss) of cream and a slice of whole-wheat bread.

### *Third meal, 2 P. M.*

A good tablespoonful of well-minced and pounded mutton or chicken, with gravy and a little crumbled stale bread; a tablespoonful of purée of spinach or stewed celery or asparagus-tops or cauliflower-tops; thin bread and butter.

### *Fourth meal, 6 P. M.*

Milk and cream as at first and second meals; thin bread and butter.

*For drink, pure water.*

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*For drink, pure water.*

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### *Third meal, 2 P. M.*

A good tablespoonful of well-minced and pounded mutton or chicken, with gravy and a little crumbled stale bread ; a tablespoonful of purée of spinach or stewed celery or asparagus-tops or cauliflower-tops ; thin bread and butter.

### *Fourth meal, 6 P. M.*

Milk and cream as at first and second meals ; thin bread and butter.

*For drink, pure water.*

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### *Fourth meal, 6 P. M.*

Milk and cream as at first and second meals ; thin bread and butter.

*For drink, pure water.*

*Avoid excess of farinaceous food.*



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## S

*First meal.* On waking, about 7 A. M., a thin slice of dry bread, and 6 tablespoonfuls (fʒiij) of hot chicken-, mutton-, or veal-broth.

At 8.30 A. M. a cold bath, given in the following manner: The child being taken from bed, the whole body is briskly shampooed with a soft towel until the skin is aglow; he is then stood in a tub containing sufficient hot water to cover feet and ankles, and two gallons of cool water containing an ounce of sea-salt or concentrated sea-water are slowly poured over his shoulders; next, the skin is dried and rubbed until reaction is established, and finally he is wrapped in a blanket and put to bed for half an hour.

Dress with flannel binder and woollen underclothing from head to foot.

*Second meal, 9.30 A. M.*

A soft-boiled egg and two slices of stale bread.

From 10.30 A. M. to 12 M. a walk or romp in the open air, weather permitting.

*Third meal, 12 M.*

Six raw oysters, or a bit of sweetbread or fish, and a slice of dry stale bread.

*Fourth meal, 3 P. M.*

A teacupful (fʒvj) of beef-, mutton-, or chicken broth; a bit of roast beef, beefsteak, roast mutton, chicken, or wild fowl, minced; a moderate quantity of purée of spinach, stewed celery, boiled cauliflower, or other non-farinaceous vegetable, and one or two slices of dry stale bread. Occasionally junket for dessert.

*Fifth meal, 7 P. M.*

Same as third, alternating the fish, sweetbread, or oysters.

*For drink, pure water—*

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*Fifth meal, 7 P. M.*

Same as third, alternating the fish, sweetbread, or oysters.

*For drink, pure water.*

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*Fifth meal, 7 P. M.*

Same as third, alternating the fish, sweetbread, or oysters.

*For drink, pure water.*

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*Fourth meal, 3 P. M.*

A teacupful (fʒvj) of beef-, mutton-, or chicken broth; a bit of roast beef, beefsteak, roast mutton, chicken, or wild fowl, minced; a moderate quantity of purée of spinach, stewed celery, boiled cauliflower, or other non-farinaceous vegetable, and one or two slices of dry stale bread. Occasionally junket for dessert.

*Fifth meal, 7 P. M.*

Same as third, alternating the fish, sweetbread, or oysters.

*For drink, pure water.*

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*Third meal, 12 M.*

Six raw oysters, or a bit of sweetbread or fish, and a slice of dry stale bread.

*Fourth meal, 3 P. M.*

A teacupful (fʒvj) of beef-, mutton-, or chicken broth; a bit of roast beef, beefsteak, roast mutton, chicken, or wild fowl, minced; a moderate quantity of purée of spinach, stewed celery, boiled cauliflower, or other non-farinaceous vegetable, and one or two slices of dry stale bread. Occasionally junket for dessert.

*Fifth meal, 7 P. M.*

Same as third, alternating the fish, sweetbread, or oysters.

*For drink, pure water.*



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## T

### *First meal, 8 A. M.*

A breakfast-cupful (f̄viiij) of milk, alkalized with gr. v sodii bicarb.; a soft-boiled egg, or a bit of fresh fish broiled, or sweetbread stewed; thin bread and butter.

### *Second meal, 11 A. M.*

Raw or stewed oysters, or a teacupful of meat-, oyster-, or clam-broth; thin bread and butter.

### *Third meal, 2.30 P. M.*

A slice of roast beef or mutton with gravy, or a bit of poultry or game; a mealy potato, mashed, or well-cooked rice; light farinaceous pudding made with milk; bread and butter; one to two table-spoonfuls (f̄ss-j) of a good dry sherry well diluted with water.

### *Fourth meal, 6.30 P. M.*

A breakfast-cupful (f̄viiij) of chocolate or cocoa; milk-toast; stewed oysters or sweetbread; bread and butter.

Farinaceous food and all fat-forming material indicated, but caution in administration necessary, on account of associated tendency to dyspepsia with acid fermentation.

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## T

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Raw or stewed oysters, or a teacupful of meat-, oyster-, or clam-broth; thin bread and butter.

### *Third meal, 2.30 P. M.*

A slice of roast beef or mutton with gravy, or a bit of poultry or game; a mealy potato, mashed, or well-cooked rice; light farinaceous pudding made with milk; bread and butter; one to two table-spoonfuls (f̄ss-j) of a good dry sherry well diluted with water.

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A slice of roast beef or mutton with gravy, or a bit of poultry or game; a mealy potato, mashed, or well-cooked rice; light farinaceous pudding made with milk; bread and butter; one to two table-spoonfuls (f̄ss-j) of a good dry sherry well diluted with water.

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General Directions, etc.



## U

Confine patient to bed, and keep in recumbent position.

At 5.30 A. M.

A breakfast-cupful (f̄viiij) of warm milk.

At 7 A. M.

A breakfast-cupful (f̄viiij) of warm milk ; three slices (1 oz. each) of bread, buttered.

At 9 A. M.

2 to 4 tablespoonfuls (f̄j-ij) of a good liquid extract of malt.

At 10 A. M.

Massage for fifteen minutes ; afterward give a teacupful (f̄vj) of warm milk.

At 12.30 P. M.

Dinner of well-cooked fresh vegetables ; bread ; a breakfast-cupful (f̄viiij) of milk ; rice or other light pudding.

At 4.15 P. M.

Same as 7 A. M., with a soft-boiled egg.

At 7 P. M.

Extract of malt as at 9 A. M.

At 7.30 P. M.

Massage ; afterward give a teacupful (f̄vj) of warm milk.

At the end of two weeks increase the amount of bread to four slices, add a lamb-chop or a bit of chicken to dinner (12.30 P. M.), and increase portions of milk so that an extra pint is taken during the day. Allow the patient to sit up in bed and have toys to play with. Massage to be increased to half an hour each time.

Never hurry the patient out of bed, especially in severe cases.



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A breakfast-cupful (f℥viij) of warm milk ; three slices (1 oz. each) of bread, buttered.

At 9 A. M.

2 to 4 tablespoonfuls (f℥j-ij) of a good liquid extract of malt.

At 10 A. M.

Massage for fifteen minutes ; afterward give a teacupful (f℥vj) of warm milk.

At 12.30 P. M.

Dinner of well-cooked fresh vegetables ; bread ; a breakfast-cupful (f℥viij) of milk ; rice or other light pudding.

At 4.15 P. M.

Same as 7 A. M., with a soft-boiled egg.

At 7 P. M.

Extract of malt as at 9 A. M.

At 7.30 P. M.

Massage ; afterward give a teacupful (f℥vj) of warm milk.

At the end of two weeks increase the amount of bread to four slices, add a lamb-chop or a bit of chicken to dinner (12.30 P. M.), and increase portions of milk so that an extra pint is taken during the day. Allow the patient to sit up in bed and have toys to play with. Massage to be increased to half an hour each time.

Never hurry the patient out of bed, especially in severe cases.

U

.....189.....

Diet and Regimen for.....age.....

Prescribed by

.....*M. D.*

General Directions, etc.



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Confine patient to bed, and keep in recumbent position.

At 5.30 A. M.

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## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

### OAT-MEAL OR CRACKED-WHEAT WATER.

Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

### FLOUR-BALL.

Take one pound of good wheat flour (unbolted is best), tie it up very tightly in a strong pudding-bag, place in a saucepan of water, and boil constantly for *ten* hours; when cold, remove cloth, cut away soft outer covering of dough, and, as required, reduce hard, baked interior to powder by grating. When using, rub the required quantity of powder, with a tablespoonful of milk, into a smooth paste; add a second tablespoonful of milk, rubbing until a creamy mixture is obtained; finally add this, with stirring, to total quantity of liquid for the meal.

### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (fʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



### RAW-BEEF JUICE.

Take one pound of sirloin of beef, warm it in a broiler before a quick fire, cut into cubes of about one-quarter of an inch, place in a lemon-squeezer or a meat-press, and forcibly express the juice; remove the fat that rises to the surface after cooling. *Never actually cook the meat.*

### BEEF-BROTH.

Mince one pound of lean beef, put it, with its juice, into an earthen vessel containing a pint of water at 85° F., and let it stand for one hour; strain through stout muslin, squeezing all juice from the meat; place this liquid on the fire, and, while stirring briskly, slowly heat just to the boiling-point; then remove at once and season with salt.

### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

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Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

### FLOUR-BALL.

Take one pound of good wheat flour (unbolted is best), tie it up very tightly in a strong pudding-bag, place in a saucepan of water, and boil constantly for *ten* hours; when cold, remove cloth, cut away soft outer covering of dough, and, as required, reduce hard, baked interior to powder by grating. When using, rub the required quantity of powder, with a tablespoonful of milk, into a smooth paste; add a second tablespoonful of milk, rubbing until a creamy mixture is obtained; finally add this, with stirring, to total quantity of liquid for the meal.

### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (ʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



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### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

### OAT-MEAL OR CRACKED-WHEAT WATER.

Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

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### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (fʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



### RAW-BEEF JUICE.

Take one pound of sirloin of beef, warm it in a broiler before a quick fire, cut into cubes of about one-quarter of an inch, place in a lemon-squeezer or a meat-press, and forcibly express the juice; remove the fat that rises to the surface after cooling. *Never actually cook the meat.*

### BEEF-BROTH.

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### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

### OAT-MEAL OR CRACKED-WHEAT WATER.

Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

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### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (fʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



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### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

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Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

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Take one pound of good wheat flour (unbolted is best), tie it up very tightly in a strong pudding-bag, place in a saucepan of water, and boil constantly for *ten* hours; when cold, remove cloth, cut away soft outer covering of dough, and, as required, reduce hard, baked interior to powder by grating. When using, rub the required quantity of powder, with a table-spoonful of milk, into a smooth paste; add a second tablespoonful of milk, rubbing until a creamy mixture is obtained; finally add this, with stirring, to total quantity of liquid for the meal.

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### MUTTON-BROTH.

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Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

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### BARLEY-WATER.

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### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

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Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

### FLOUR-BALL.

Take one pound of good wheat flour (unbolted is best), tie it up very tightly in a strong pudding-bag, place in a saucepan of water, and boil constantly for *ten* hours; when cold, remove cloth, cut away soft outer covering of dough, and, as required, reduce hard, baked interior to powder by grating. When using, rub the required quantity of powder, with a tablespoonful of milk, into a smooth paste; add a second tablespoonful of milk, rubbing until a creamy mixture is obtained; finally add this, with stirring, to total quantity of liquid for the meal.

### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (fʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



### RAW-BEEF JUICE.

Take one pound of sirloin of beef, warm it in a broiler before a quick fire, cut into cubes of about one-quarter of an inch, place in a lemon-squeezer or a meat-press, and forcibly express the juice; remove the fat that rises to the surface after cooling. *Never actually cook the meat.*

### BEEF-BROTH.

Mince one pound of lean beef, put it, with its juice, into an earthen vessel containing a pint of water at 85° F., and let it stand for one hour; strain through stout muslin, squeezing all juice from the meat; place this liquid on the fire, and, while stirring briskly, slowly heat just to the boiling-point; then remove at once and season with salt.

### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

### OAT-MEAL OR CRACKED-WHEAT WATER.

Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

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### CHICKEN-BROTH.

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### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

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### BARLEY-WATER.

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Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

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Mince one pound of lean beef, put it, with its juice, into an earthen vessel containing a pint of water at 85° F., and let it stand for one hour; strain through stout muslin, squeezing all juice from the meat; place this liquid on the fire, and, while stirring briskly, slowly heat just to the boiling-point; then remove at once and season with salt.

### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

### OAT-MEAL OR CRACKED-WHEAT WATER.

Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

### FLOUR-BALL.

Take one pound of good wheat flour (unbolted is best), tie it up very tightly in a strong pudding-bag, place in a saucepan of water, and boil constantly for *ten* hours; when cold, remove cloth, cut away soft outer covering of dough, and, as required, reduce hard, baked interior to powder by grating. When using, rub the required quantity of powder, with a tablespoonful of milk, into a smooth paste; add a second tablespoonful of milk, rubbing until a creamy mixture is obtained; finally add this, with stirring, to total quantity of liquid for the meal.

### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (fʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



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Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

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### BARLEY-WATER.

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### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

### JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with sugar, nutmeg, or cream as desired.

### RICE-AND-MILK PUDDING.

Take 2 tablespoonfuls of rice, 1 tablespoonful of corn-starch, and 2 pints of milk; boil in a farina boiler until each grain of the rice becomes saturated and the whole is creamy in color; the pudding may be sweetened when served.



## PREPARATION OF DILUENTS AND FOODS.

### BARLEY-WATER.

Put 2 teaspoonfuls of washed pearl barley in a saucepan with a pint of water; boil slowly down to two-thirds of a pint; strain.

### OAT-MEAL OR CRACKED-WHEAT WATER.

Add from 1 to 3 tablespoonfuls of well-cooked oat-meal or cracked-wheat porridge to a pint of water; heat almost to boiling-point with constant stirring until a smooth mixture is obtained; strain.

### LIME-WATER.

Take a piece of unslaked lime as large as a walnut, drop it into 2 quarts of pure filtered water contained in an earthen vessel, stir thoroughly, allow to settle, and use only from the top, replacing the water and stirring as consumed.

### BARLEY JELLY.

Put 2 tablespoonfuls of washed pearl barley into a quart saucepan with a pint and one-half of water; boil slowly down to a pint; strain, and allow liquid to set into a jelly.

### FLOUR-BALL.

Take one pound of good wheat flour (unbolted is best), tie it up very tightly in a strong pudding-bag, place in a saucepan of water, and boil constantly for *ten* hours; when cold, remove cloth, cut away soft outer covering of dough, and, as required, reduce hard, baked interior to powder by grating. When using, rub the required quantity of powder, with a tablespoonful of milk, into a smooth paste; add a second tablespoonful of milk, rubbing until a creamy mixture is obtained; finally add this, with stirring, to total quantity of liquid for the meal.

### WHEY.

Heat one pint of milk to a point that can be agreeably borne by the mouth; add, with gentle stirring, 2 teaspoonfuls (ʒij) of Fairchild's essence of pepsin; let stand until firm coagulation takes place; beat with a fork until the curd is finely divided; strain.



### RAW-BEEF JUICE.

Take one pound of sirloin of beef, warm it in a broiler before a quick fire, cut into cubes of about one-quarter of an inch, place in a lemon-squeezer or a meat-press, and forcibly express the juice; remove the fat that rises to the surface after cooling. *Never actually cook the meat.*

### BEEF-BROTH.

Mince one pound of lean beef, put it, with its juice, into an earthen vessel containing a pint of water at 85° F., and let it stand for one hour; strain through stout muslin, squeezing all juice from the meat; place this liquid on the fire, and, while stirring briskly, slowly heat just to the boiling-point; then remove at once and season with salt.

### MUTTON-BROTH.

Add one pound of loin of mutton to three pints of water; boil gently until very tender, adding a little salt; strain into a basin, and, when cold, skim off fat. Warm when serving.

### CHICKEN-BROTH.

A small chicken or half of a large fowl, thoroughly cleaned and with all the skin and fat removed, is to be chopped, bones and all, into small pieces; put them, with salt, into a saucepan, and add a quart of boiling water; cover closely and simmer over a slow fire for two hours; after removing, allow to stand, still covered, for an hour; then strain through a sieve.

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### VEAL-BROTH.

Mince  $\frac{1}{2}$  to 1 pound of lean veal; pour upon it a pint of cold water; let it stand for three hours, then slowly heat to boiling-point; after boiling briskly for two minutes, strain through a fine sieve and season with salt.

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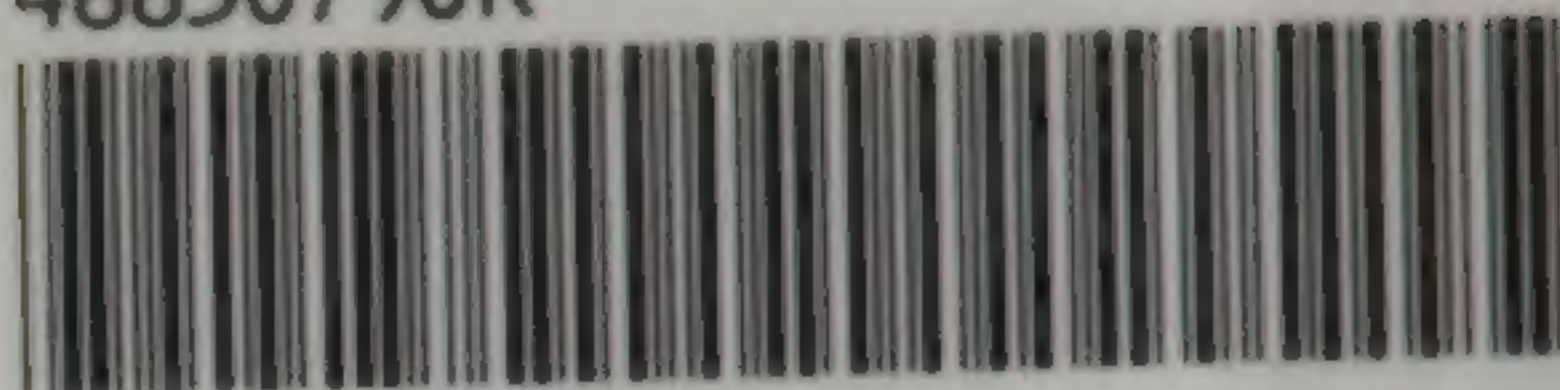






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